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# KEEPING KIDS



# SAFE

**A Guide for  
Safe Food Handling  
& Sanitation**





# FOOD AND

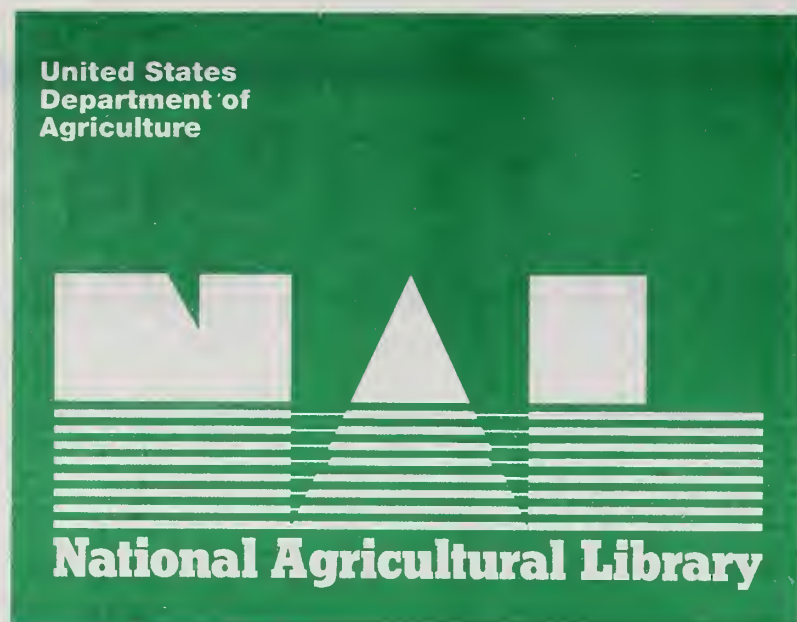
Today, more than 10 million children are in child care providers.

## Why?

- Children in child care are at risk for foodborne illnesses, which can cause serious side-effects, even death.
- Children in diapers present special sanitation and health problems. For instance, illness originally caused by foodborne bacteria can easily be spread by diapered children with diarrhea.

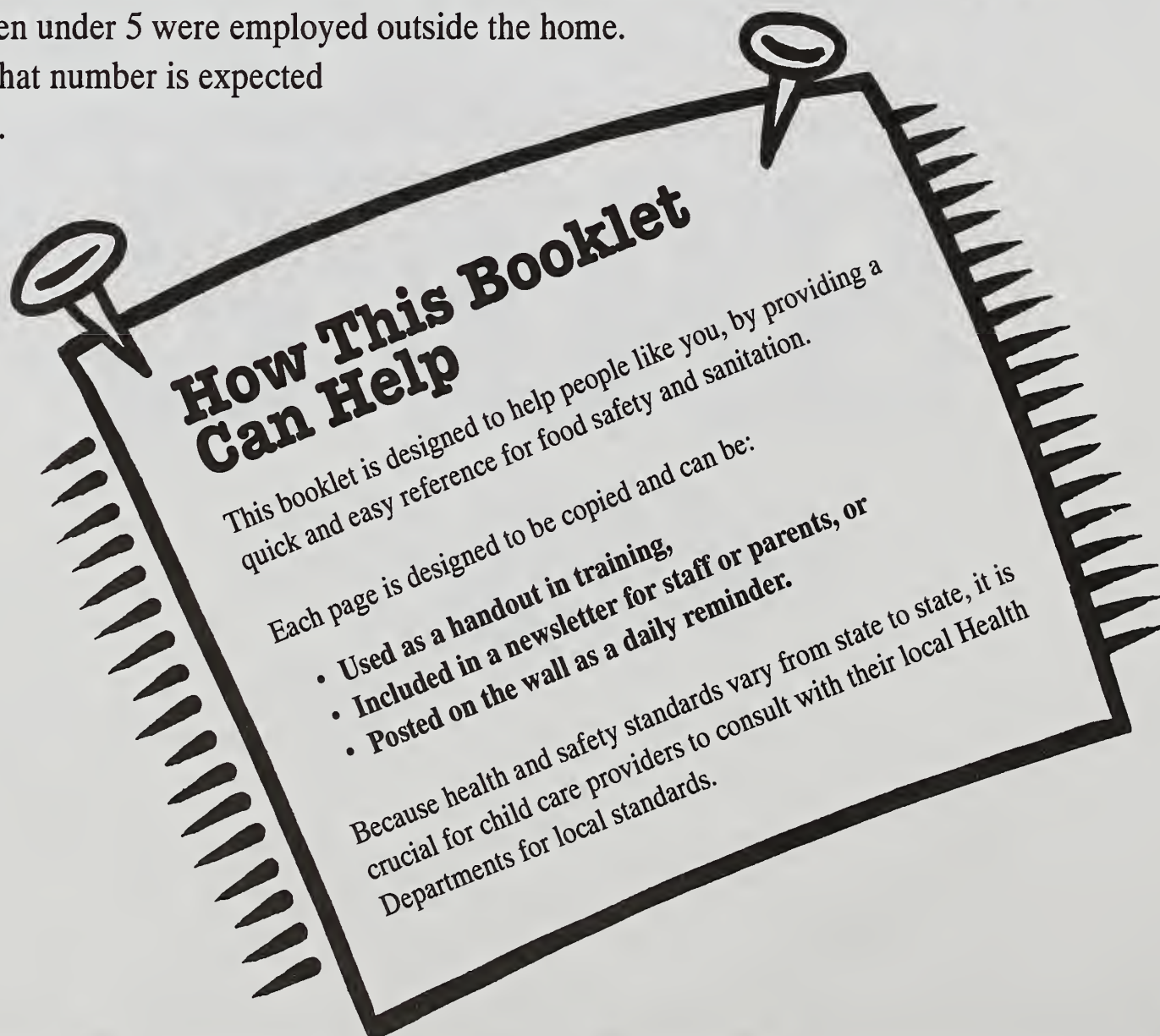
These issues are more crucial than ever before because more children are being cared for out of the home. Growth in the child care industry will continue to be dramatic. In 1970 only 30 percent of women with children under 5 were employed outside the home.

By the year 2000, that number is expected to reach 75 percent.



important issues for child care

foodborne illnesses, which can cause



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# HANDWASHING

## HERE'S WHY HANDWASHING IS IMPORTANT.

Children in diapers present special health challenges for other children and as well as for child care providers. According to some studies:

- diarrhea is 30 percent more common in day care children than children cared for at home and, day care workers have higher rates of diarrheal illness.

### WHEN TO WASH?

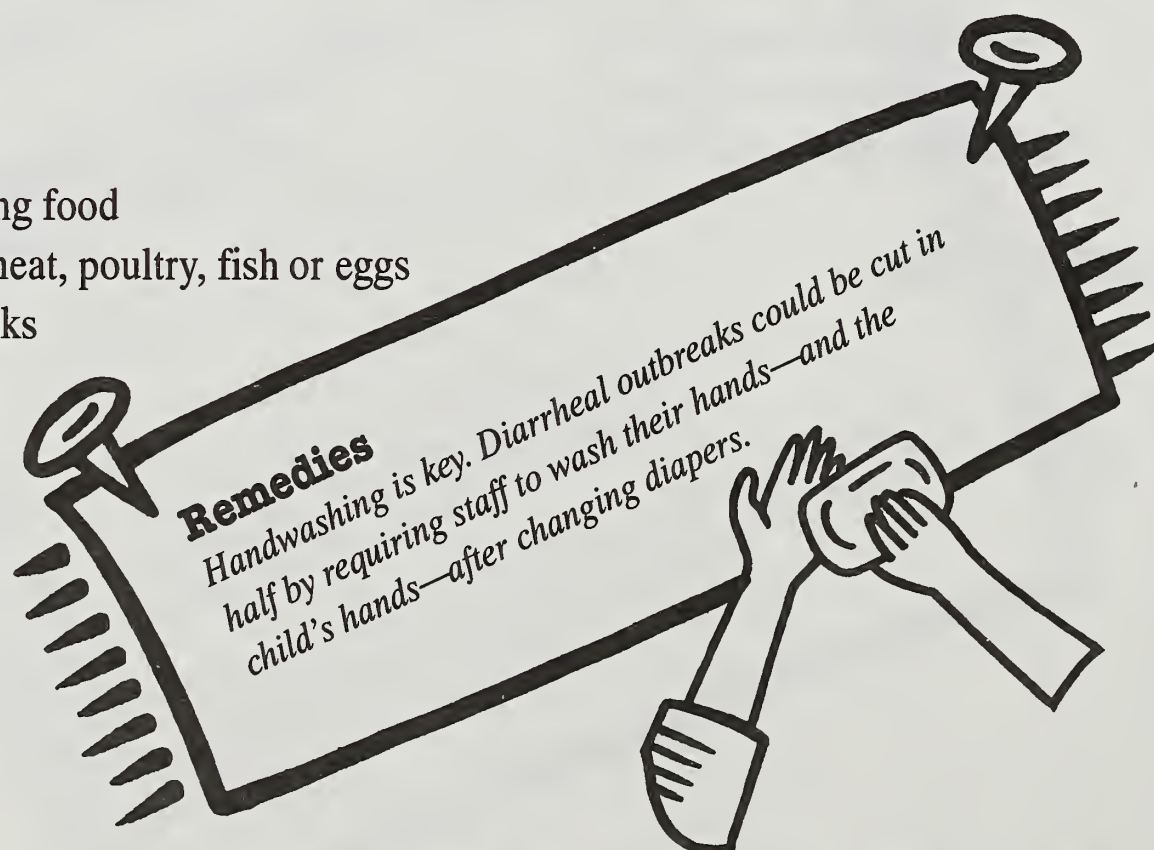
Key times for staff AND children include:

#### IN THE BATHROOM

- AFTER using the toilet
- AFTER changing diapers, (remember to wash the hands of the diapered child too!)
- AFTER helping a child at the toilet
- WHENEVER hands come in contact with body fluids, including vomit, saliva and runny noses

#### IN THE KITCHEN

- BEFORE fixing or eating food
- AFTER touching raw meat, poultry, fish or eggs
- AFTER meals and snacks



# GERMS ON THE RUN!

While you and the children are washing hands, try this ditty:

*Washing Hands Can Be Fun, Fun, Fun  
Germs On The Run, Run, Run*

*Power 'em out—Pow  
Power 'em out—Ka-zow!  
Germs On The Run, Run, Run*



**Remember these handwashing instructions:**

- use warm running water and soap
- wash for 10-20 seconds
- rinse
- dry with paper towel



# DISINFECTING TIPS

## When to “Disinfect” and when to “Sanitize?”

**Disinfect** refers to cleaning surfaces with the use of chemicals and virtually eliminating all germs. Diaper changing tables, for instance, always need to be disinfected. The Environmental Protection Agency regulates the use of disinfectants.

**Sanitize** is a less rigorous cleaning, designed to remove filth or soil and small amounts of certain bacteria. Surfaces that come in contact with food, like counters, are sanitized. Soap, detergent, or abrasive cleaners may be used to sanitize. The Food and Drug Administration regulates the use of sanitizer on food contact surfaces.

Whether you are using a commercial disinfectant or a sanitizer, always follow label directions carefully. Note where and how the product can be used.

**Note:** If you are mixing your own disinfecting solution, The National Health and Safety Performance Standards for Child Care recommend 1/4 cup bleach in 1 gallon water. Mix fresh daily. And never mix bleach with anything other than water. A poisonous gas can result.

## TO PREVENT THE SPREAD OF GERMS

### WHAT THINGS NEED TO BE CLEANED REGULARLY?

Diapering tables

Toys

Kitchen counter tops

Food preparation equipment, like mixers

High chair trays

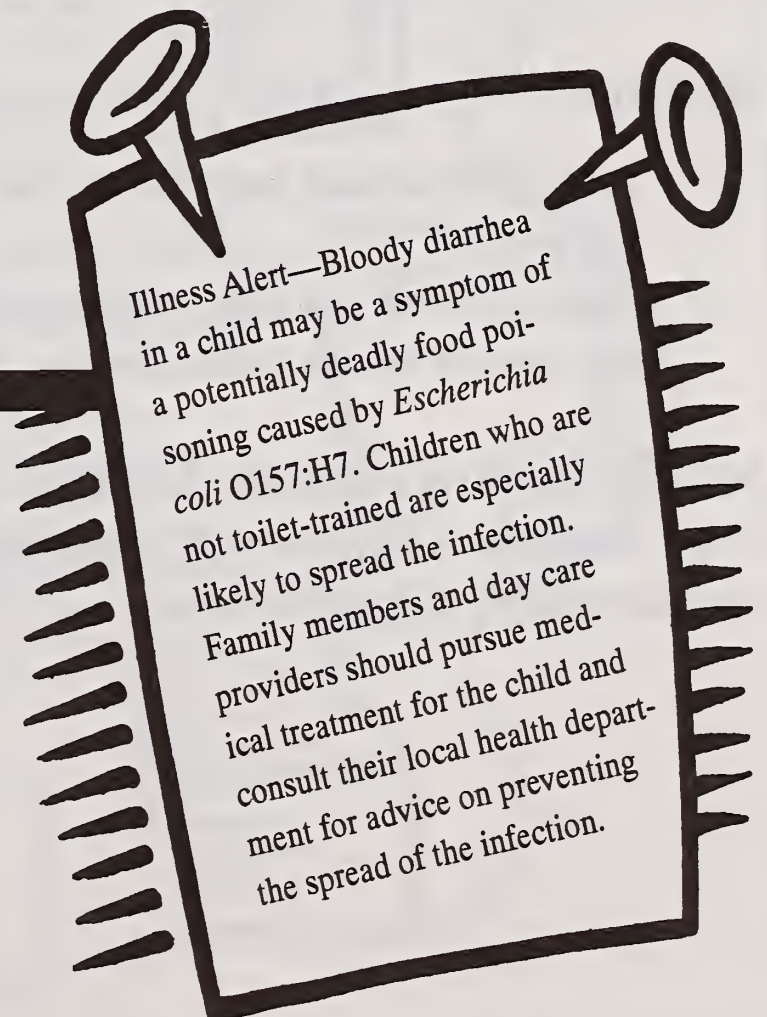




# SAFE DIAPERING

## THREE KEYS TO KEEPING YOURSELF AND YOUR CHILDREN HEALTHY

- Use the diapering area **ONLY** for diapering. Never change diapers where you prepare or serve food.
- Changing tables should be cleaned and disinfected after each use. A variety of commercial disinfecting solutions are available. Directions on product labels should be followed closely.
- Always wash your hands and the child's hands—even if hands look clean.



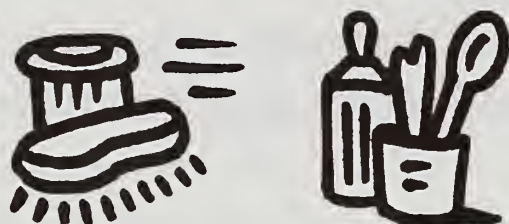
Illness Alert—Bloody diarrhea in a child may be a symptom of a potentially deadly food poisoning caused by *Escherichia coli* O157:H7. Children who are not toilet-trained are especially likely to spread the infection. Family members and day care providers should pursue medical treatment for the child and consult their local health department for advice on preventing the spread of the infection.



# SAFE HANDLING OF BOTTLES

## CLEAN

- Wash bottles, bottle caps and nipples in the dishwasher OR hand wash, rinse and boil for 5 minutes or more just before re-filling.



## REFRIGERATE

- Keep filled bottles of formula or breast milk in the refrigerator until just before feeding
- Refrigerate open containers of ready-to-feed or concentrated formula

## WARMING

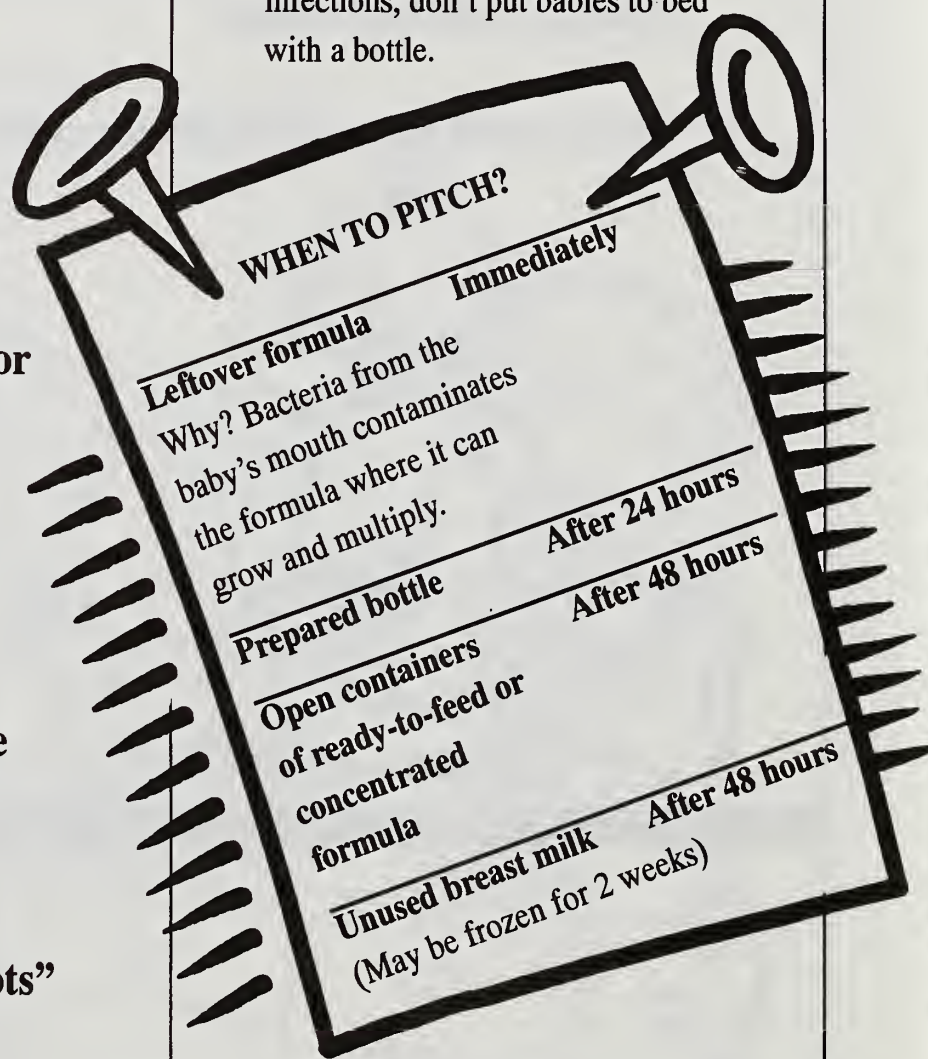
- Place bottles in hot (not boiling) water for 5 minutes
- Shake well and test milk temperature to make sure it's not too hot before feeding

## NEVER MICROWAVE BABY BOTTLES

Why? Microwaves heat unevenly. Resulting "hot spots" can scald baby's mouth and throat.

## Baby Bottles: Most Important to Remember

- Use bottles only once, then clean thoroughly before using again.
- To avoid tooth decay, and ear infections, don't put babies to bed with a bottle.



Final note: Check "Use by" dates on formula. If it has passed, stay safe. Throw it out.



# SAFE HANDLING OF BREAST MILK

## ADVICE FOR MOTHERS

Because babies are especially susceptible to bacteria, we want to help you—the parent—keep your baby safe.

Keep these guidelines in mind when preparing breast milk for your child to use while in our care.

## Guidelines:

- Store breast milk in sterilized bottles
- Label each container with the name of the child, date and time milk was pumped
- Refrigerate promptly and use within two days, or
- Freeze and use within 2 weeks



# SAFE HANDLING OF BABY FOOD

- Serve food to the baby from a dish—not from a jar or can—AND
- Throw away uneaten food from the dish

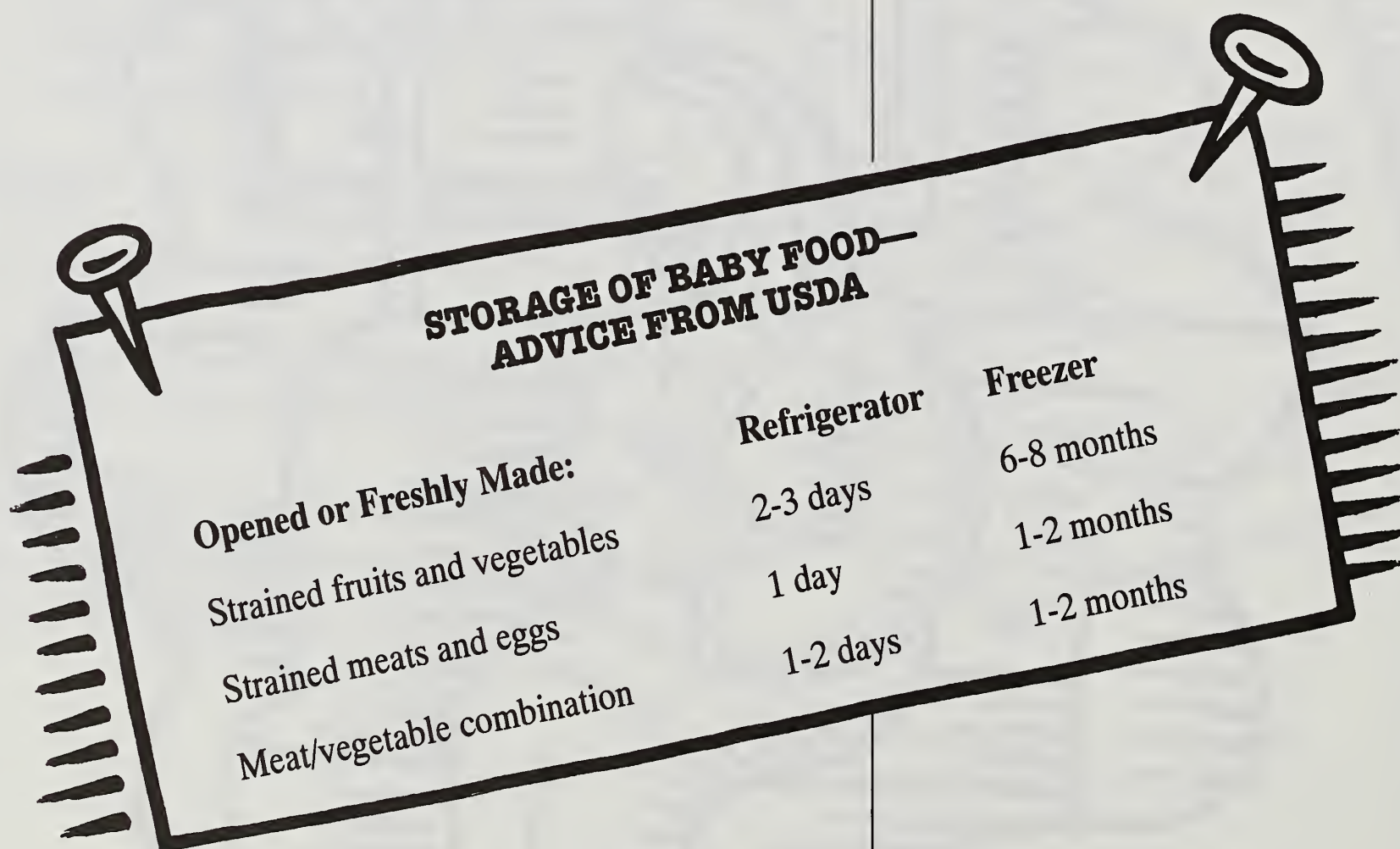
## WHY?

The surface of the container hasn't been cleaned and may contain harmful bacteria.

Also, bacteria from the baby's mouth contaminates the food, where it can grow and multiply before being served again. Too many bacteria can make the baby sick.

## Special Notes:

- Check "Use by" dates on baby foods. If the date has passed, throw it out.
- Check to see that the safety button in the lid is down. If the jar lid doesn't "pop" when opened, or is not sealed completely, don't use it.
- Don't heat baby foods in jars in the microwave. The heat is uneven and can product "hot spots" that can scald baby's mouth and throat.



STORAGE OF BABY FOOD— ADVICE FROM USDA		
Opened or Freshly Made:	Refrigerator	Freezer
Strained fruits and vegetables	2-3 days	6-8 months
Strained meats and eggs	1 day	1-2 months
Meat/vegetable combination	1-2 days	1-2 months



# FOOD SAFETY BASICS FOR CHILDREN

## Here's Why Food Safety Is Important.

Children under 5 are susceptible to food-borne illness because their immune systems aren't fully developed. Because of this, illness can lead to serious complications, even death.

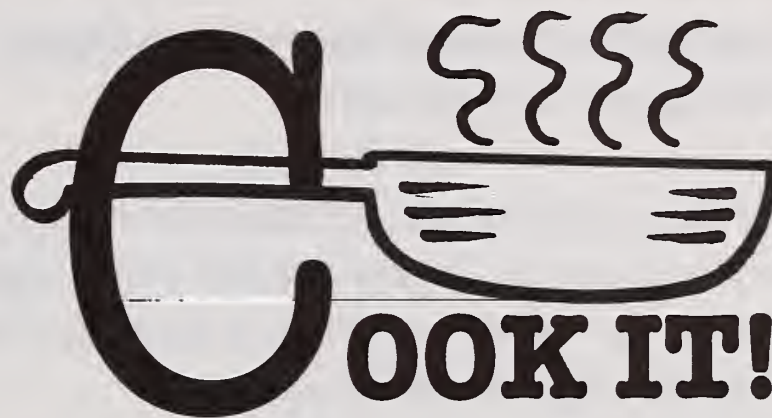
Some foods pose special risks. These foods include: raw or undercooked meat, poultry, fish or eggs, and unpasteurized milk.

### Remedies

Keep in mind these three keys to safe food handling:

- Cook it! Thoroughly cook meat, poultry, fish or eggs.
- Clean it! Don't contaminate other foods with bacteria from juices in uncooked meat, poultry, fish or eggs.
- Cool it! Refrigerate cooked leftovers promptly in small, shallow containers. Improper cooling is one of the most common causes of foodborne illness.

## BASIC SAFE FOOD HANDLING





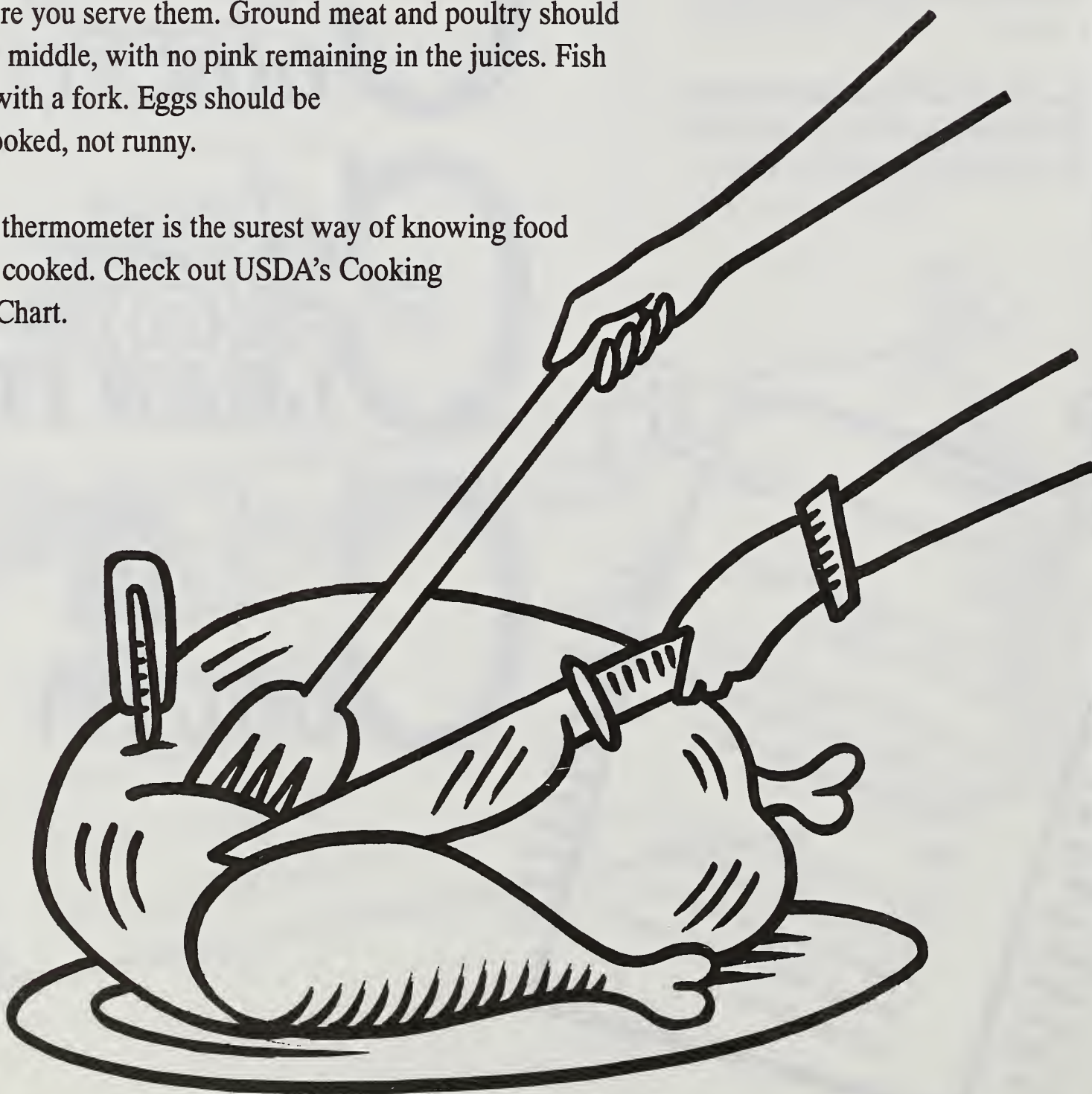


## COOK IT!

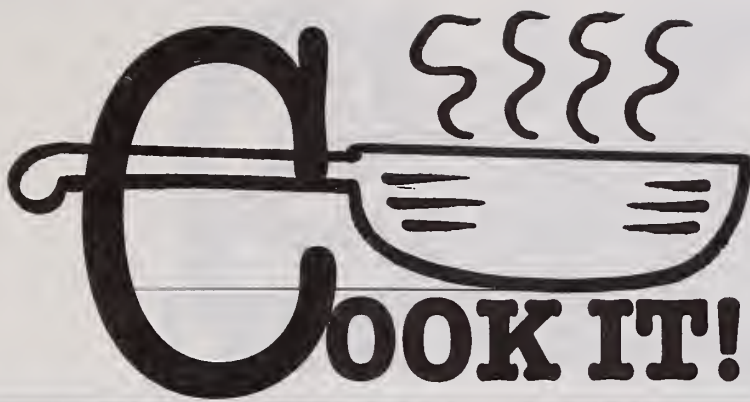
Cooking food thoroughly is the single best protection you and your children have against foodborne illness.

When you're not using a thermometer, look carefully at meat products before you serve them. Ground meat and poultry should be gray in the middle, with no pink remaining in the juices. Fish should flake with a fork. Eggs should be thoroughly cooked, not runny.

Using a meat thermometer is the surest way of knowing food is thoroughly cooked. Check out USDA's Cooking Temperature Chart.







## Cooking Temperatures

Product	Fahrenheit	Product	Fahrenheit
<b>Eggs &amp; Egg Dishes</b>		<b>Fresh Pork</b>	
Eggs	Cook until yolk & white are firm	Medium	160
Egg dishes	160	Well Done	170
<b>Ground Meat &amp; Meat Mixtures</b>		<b>Poultry</b>	
Turkey, chicken	165	Chicken, whole	180
Veal, beef, lamb, pork	160	Turkey, whole	180
<b>Fresh Beef</b>		Poultry breasts, roast	170
Medium Rare	145	Poultry thighs, wings	Cook until juices run clear
Medium	160	Stuffing (cooked alone or in bird)	165
Well Done	170	Duck & Goose	180
<b>Fresh Veal</b>		<b>Ham</b>	
Medium Rare	145	Fresh (raw)	160
Medium	160	Pre-cooked (to reheat)	140
Well Done	170	<b>Seafood</b>	
<b>Fresh Lamb</b>		Fin fish	145
Medium Rare	145	Minced fish such as fish sticks, fish or seafood patties	155
Medium	160	Stuffed fish or seafood stuffing	165
Well Done	170	Oysters, clams, mussels	165
		Shrimp, lobster, crab or other seafoods	145



## **CLEAN IT!**

- **WASH** hands and work surfaces, like counters **BEFORE** starting food preparations
- **WASH** hands, working surfaces and utensils **AFTER** touching raw meat or poultry. And if children have helped in meal preparation, make sure they wash their hands as well.



Why is this important? Raw meat, poultry and eggs can contain dangerous bacteria. To keep bacteria from spreading, it's important to wash anything that comes in contact with these raw foods.

For instance, don't chop salad vegetables on a cutting board where you've just trimmed raw meat or poultry. Clean the board thoroughly before using again.

**A Helpful Hint:** To prevent the spread of bacteria from raw foods, store them on the bottom shelf of your refrigerator or on a plate. This helps prevent juices from dripping on other foods, like fruits and vegetables.



# Cool It!

## Cooling Tips:

One of the most common causes of food-borne illness is improper cooling.

Cooked food needs to be cooled rapidly so dangerous bacteria don't multiply.

Because of this, cooked food needs to go into the refrigerator while it's still hot. It's not safe to cool it on the counter.

Cooked food needs to be stored in shallow containers—less than 3 inches deep—to speed up cooling. And don't cover the food until it's cool.

*(P.S. Double check to make sure that no juices from raw meat or poultry can drip onto uncovered, cooling foods.)*

## COOL IT!

### HOW LOW WILL IT GO?

How long would it take for the temperature to drop to a safe level if you were to refrigerate an 8 inches stock pot of steaming chicken soup?



**24 HOURS!!**

To be safe, store hot food in shallow containers in layers less than: **THREE INCHES** deep

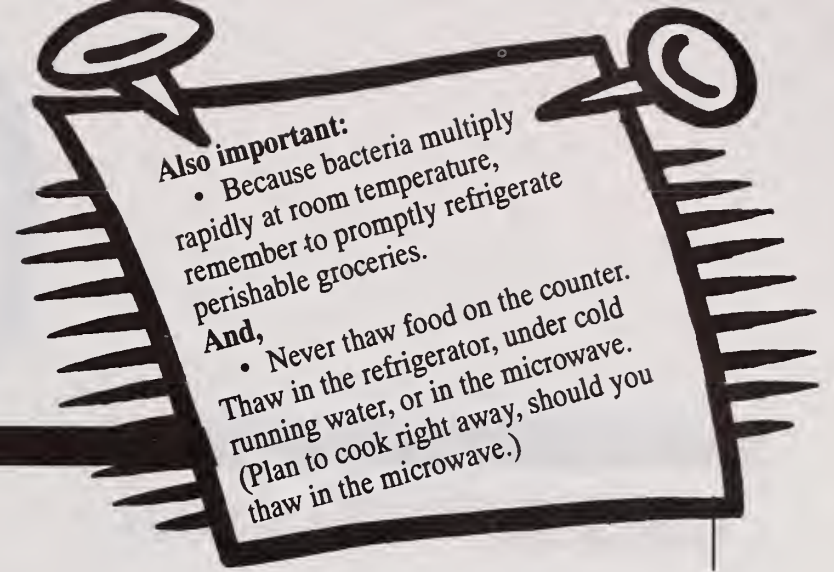
NOTE: These *SHORT* but safe time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. These time limits will keep frozen food at top quality.



## COLD STORAGE

Product	Refrigerator (40° F)	Freezer (0° F)
<b>Eggs</b>		
Fresh, in shell	3 weeks	Don't freeze
Raw yolks, whites	2-4 days	1 year
Hardcooked	1 week	Don't freeze well
Liquid pasteurized eggs or egg substitutes, opened and unopened	3 days 10 days	Don't freeze 1 year
<b>Mayonnaise, commercial</b>		
Refrigerate after opening	2 months	Don't freeze
<b>TV Dinners, Frozen Casseroles</b>		
Keep frozen until ready to serve		3-4 months
<b>Deli &amp; Vacuum-Packed Products</b>		
Store prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3-5 days	
Pre-stuffed pork & lamb chops, chicken breasts stuffed with dressing	1 day	
Store-cooked convenience meals	1-2 days	
Commercial brand vacuum packed dinners with USDA seal	2 weeks, unopened	
<b>Soups &amp; Stews</b>		
Vegetable or meat-added	3-4 days	2-3 months
<b>Hamburger, Ground &amp; Stewed Meats</b>		
Hamburger & stew meats	1-2 days	3-4 months
Ground turkey, veal, pork, lamb & mixtures of them	1-2 days	3-4 months
<b>Hotdogs &amp; Lunch Meats</b>		
Hotdogs, opened package	1 week	
unopened package	2 weeks	In freezer wrap
Lunch meats, opened	3-5 days	1-2 months
unopened	2 weeks	
<b>Bacon &amp; Sausage</b>		
Bacon	7 days	1 month
Sausage, raw from pork, beef, turkey	1-2 days	1-2 months
Smoked breakfast links, patties	7 days	1-2 months
Hard sausage—pepperoni, jerky sticks	2-3 weeks	1-2 months
<b>Ham, Corned Beef</b>		
Corned beef in pouch with pickling juices	5-7 days	1 month
Ham, canned - Label says keep refrigerated	6-9 month	Don't freeze
Ham, fully cooked—whole	7 days	1-2 months





## COLD STORAGE

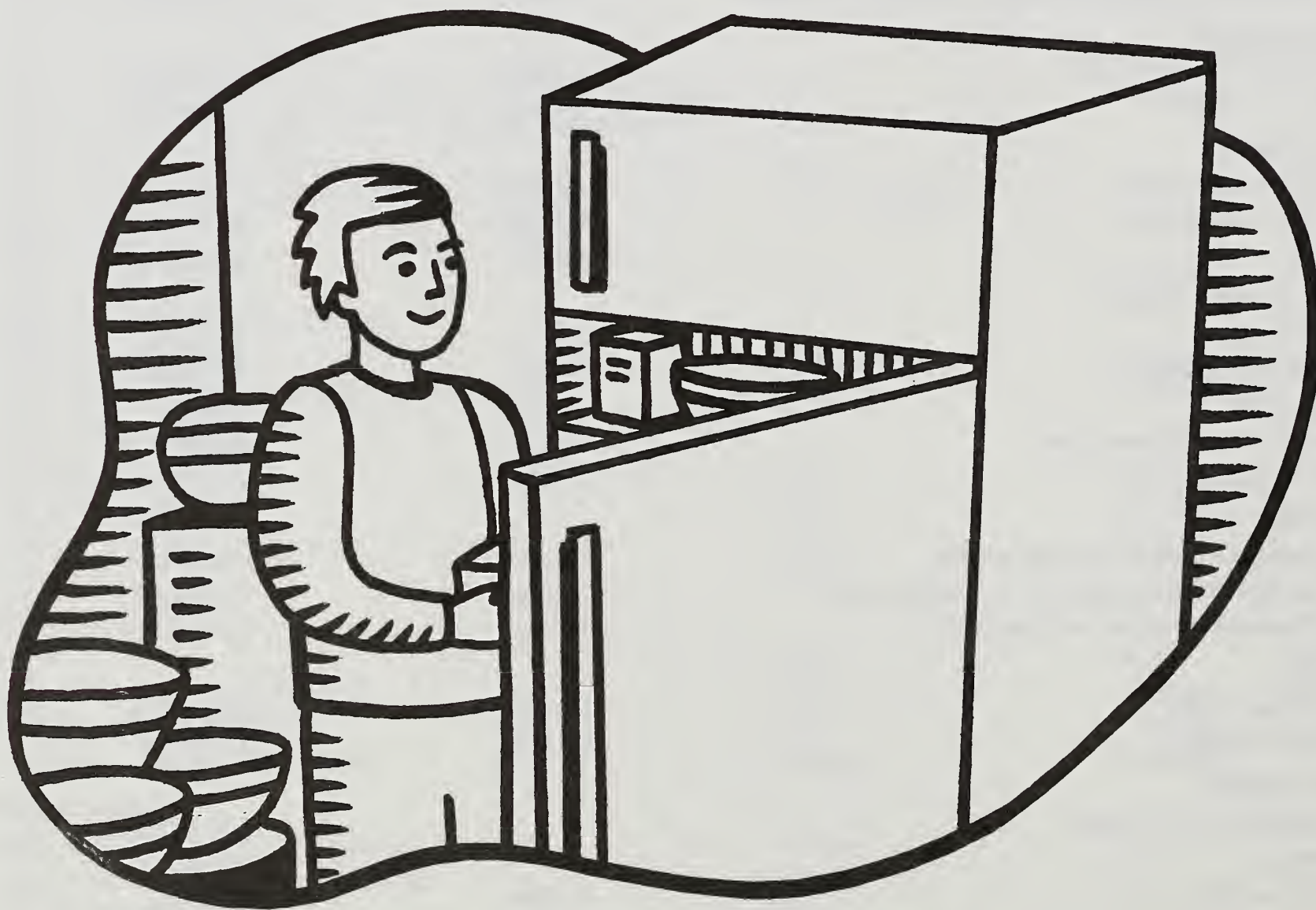
Product	Refrigerator (40° F)	Freezer (0° F)
Ham, fully cooked—half	3-5 days	1-2 months
Ham, fully cooked—sliced	3-4 days	1-2 months
<b>Fresh Meat</b>		
Steaks, Beef	3-5 days	6-12 months
Chops, pork	3-5 days	4-6 months
Chops, lamb	3-5 days	6-9 months
Roasts, beef	3-5 days	6-12 months
Roasts, lamb	3-5 days	6-9 months
Roasts, pork & veal	3-5 days	4-6 months
Variety meats—Tongue, brain, kidney, liver, heart, chitterlings	1-2 days	3-4 months
<b>Meat Leftovers</b>		
Cooked meat and meat dishes	3-4 days	2-3 months
Gravy & meat broth	1-2 days	2-3 months
<b>Fresh poultry</b>		
Chicken or turkey, whole	1-2 days	1 year
Chicken or turkey pieces	1-2 days	9 months
Giblets	1-2 days	3-4 months
<b>Cooked Poultry, Leftover</b>		
Fried chicken	3-4 days	4 months
Cooked poultry dishes	3-4 days	4-6 months
Pieces, plain	3-4 days	4 months
Pieces covered with broth, gravy	1-2 days	6 months
Chicken nuggets, patties	1-2 days	1-3 months
<b>Fin Fish</b>		
Lean fish (cod, flounder, haddock, halibut)	1-2 days	6-12 months
Medium flavored fish (pollack, perch, rockfish, trout)	1-2 days	4-9 months
Full flavored fish (salmon, tuna, mackerel)	1-2 days	2-9 months
<b>Shellfish</b>		
Live lobster or crab	1-2 days	Don't freeze
Shrimp or scallops	2-3 days	3-5 months
<b>Frozen Seafood</b>		
Commercially frozen seafood		6-12 months
Lobster tail		6-8 months
Cooked seafood	1-2 days	3 months



## **Cool It!**

### **HANDLE LEFTOVERS SAFELY.**

- Perishable foods that have been served to children and not eaten should be thrown away.
- Why? Because bacteria multiplies rapidly in food left at room temperature. Food that has been prepared, but not served, should be refrigerated immediately. Serve within 24 hours or throw away.





# Cool It!



## FIELD TRIP FOOD SAFETY

- Bacteria can quickly multiply to dangerous levels when foods, like sandwiches, are left at room temperature.



Keep foods safe by:

- Keeping sandwiches in an insulated lunch bag with a frozen gel pack OR with a frozen juice box
- Freezing sandwiches overnight. They'll thaw by lunchtime, but stay cold and safe.
- Packing sandwiches in a cooler with ice or cold source

## Keep Cold

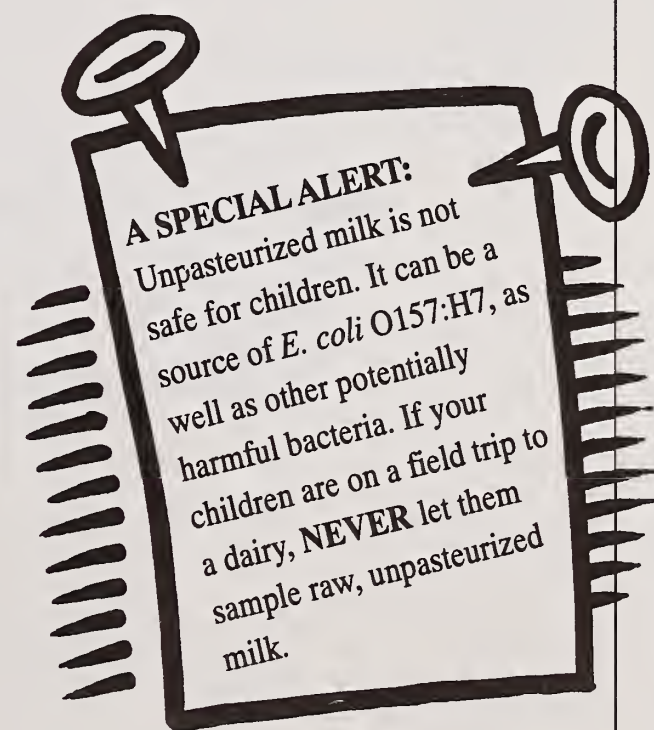
Some foods that need to stay cold include:

- Meat and poultry sandwiches or salads
- Tuna and egg salads
- Milk, cheese or yogurt
- Opened cans of fruit or pudding
- Peeled or cut fruits and vegetables

## Room Temp Safe

Some foods that don't need to be kept cold include:

- Peanut butter sandwiches
- Cookies
- Crackers
- Commercially dried fruit
- Unopened cans of fruit or pudding
- Unopened juice boxes
- fruit-filled pastries



### A SPECIAL ALERT:

Unpasteurized milk is not safe for children. It can be a source of *E. coli* O157:H7, as well as other potentially harmful bacteria. If your children are on a field trip to a dairy, **NEVER** let them sample raw, unpasteurized milk.

# RESOURCES

## Order Now!

"The ABC's of Safe and Healthy Child Care"— Low-cost video and poster on handwashing and diaper changing from the Centers for Disease Control and Prevention. Only \$20-25 for the video and \$5 for the poster. Call:

- **The Public Health Foundation**, 1-800-418-7246. Order numbers: Tape, VT-006. Poster, VT-006PE (English) or VT-006PS (Spanish).

OR

- **National Technical Information Service**, 1-800-CDC-1824. Order numbers: Tape, AVA 19692-VNB1. Poster PB95-188199 (English) or PB95-188207 (Spanish).

For general child care information as well as a copy of the **National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs\***, contact:

National Maternal and Child Health Clearing House  
2070 Chain Bridge Road  
Suite 450  
Vienna, VA 22182  
703/821-8955

\*Always check with your local health department for standards and guidelines that apply to child care.



## **OTHER LOCAL RESOURCES**

The American Red Cross

USDA Extension offices

Local chapters/American Academy  
of Pediatrics

## **PROVIDES**

a 27 hour course on health issues for child care

training, publications

training materials, videos

## **FEDERAL RESOURCES**

Food Safety and Inspection Service  
U.S. Department of Agriculture  
Washington, D.C. 20250

Food and Drug Administration  
Center for Food Safety and  
Applied Nutrition  
200 C St., S.W.  
Washington, D.C. 20204

Child Care Bureau  
Administration for Children and Families  
Health and Human Services  
400 Sixth St., SW  
Washington, D.C. 20013  
202/205-8347

Child & Adult Care Food Program  
Food and Nutrition Service, USDA  
3101 Park Center Drive  
Alexandria, Va. 22301

National Food Service Management Institute  
The University of Mississippi  
P.O. Drawer 188  
University, Mississippi 38677-3054  
601/232-7658

## **PROVIDES**

USDA Meat and Poultry Hotline  
1-800-535-4555 weekdays, 10-4 ET  
FSIS Home Page in the World Wide Web: <http://www.usda.gov/fsis>

Seafood Hotline  
1-800-332-4010 weekdays, 12-4 ET; Information on the FDA Food Code

Child Care  
Clearinghouse  
1-800-616-2242  
Newsletter

Administers USDA Child and Adult Care Food Program

Training to USDA funded child care providers

## FEDERAL RESOURCES

## PROVIDES

Foodborne Illness Education  
Information Center  
National Agriculture Library  
Room 304  
10301 Baltimore Blvd.  
Beltsville, Md. 20705-2351

Resource center for USDA funded child care providers

<http://www.nal.usda.gov/fnic/foodborne/foodborn.htm>

National Resource Center for  
Health & Safety In Child Care  
2000 15th St., N. Suite 701  
Arlington, Va. 22201-2617  
703/524-7802

Publications, resources

National Maternal and Child Health  
Clearinghouse  
2070 Chain Bridge Road  
Suite 450  
Vienna, VA 22182  
703/821-8955

Clearinghouse

## Questions on Food Safety—Call







## ORGANIZATIONS

American Academy of Pediatrics  
141 Northwest Point Blvd.  
P.O. Box 927  
Elk Grove Village, Ill. 60009-0927  
847/228-5005

American Dietetic Association  
216 W. Jackson Blvd.  
Ste. 800  
Chicago, Ill. 60606  
312/899-0040

American Public Health Association  
1015 15th St., N.W.  
Washington, D.C. 20005  
202/789-5600

American Red Cross  
Health and Safety Operations  
430 17th St., N.W.  
Washington, D.C. 20006  
202/737-8300

Early Childhood Directors Association  
450 North Syndicate  
Suite 80  
St. Paul, Minn. 55104  
612/603-5853

National Association for the Education of Young Children  
1509 16th St.,  
Washington, D.C. 20036  
202/328-2603

National Center for Education in Maternal & Child Health  
Georgetown University  
2000 Fifteenth Street North  
Suite 701  
Arlington, VA 22201  
703-524-7802



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**United States Department of Agriculture**  
Food Safety and Inspection Service

November 1996

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